www.pyleaudio.com

PHRM26

PYLE®
SPORTS

MEM/EL

ST/SP/+

```
08  1 1
12:0008
        AM
    TUE
```

MODE/SET

SAVE/RST/-

HEART RATE BELT

OPERATED BY 4 KEYS : -
- MODE / SET
- SAVE / RESET / -
- START / STOP / +
- MEMORY/EL

FEATURES
- Time & Date
- Daily Alarm
- Dual purpose 3D sensor (Walking or Running) - 3D sensor from Germany
- Daily walking 7 days record
- Running in chronograph mode 7 memory record
- Current & Average Speed
- Total Step, Distance, Calories & Fat Burnt
- Total Exercise Time
- Current, Maximum, Minimum & Average Heart Rate
- Intellgent Step Filter Function
- Auto Timer in Pedometer Mode
- 7 days record summary of both walking and running
- Key Tone
- EL Backlight
- Energy Saving Function
- USB PC Link with Interface Program Upload data to the PC

3D SENSOR FROM GERMANY-MEASURES YOUR MOVEMENT ACCURATLY

- The 3D technology in the accelerator is an accelerometer Sensor to measure acceleration in Walking or Running
- 3D Sensor has intelligent step filter function - steps only count when the unit detects continuous movement for over 10 seconds
- 3D Sensor allows users to customize to their specific body type for Walking/Running style
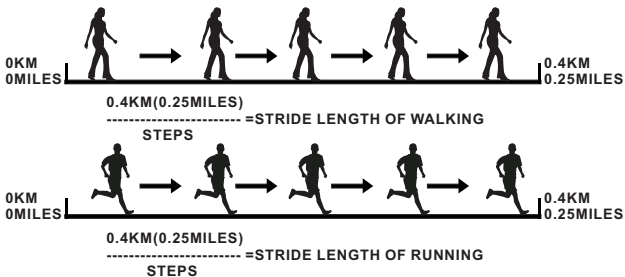
BENEFICIATION BEFORE USING THE 3D SENSOR

- Turn " ON " the pedometer at the User Setting Mode
- Configure your Personal Information Setting
- Establish a Calibration for Walk & Run to improve the accuracy of workout
- To best use of this device, please read the instruction manual carefully

DUAL PURPOSE 3D SENSOR (WALKING OR RUNNING) - 3D SENSOR FROM GERMANY

HOW TO SET THE CALIBRATION

Walk or run over 0.4K (or 0.25mi) and calculate your stride length by dividing the total distance & how many steps you walk or run.


0KM
0MILES
0.4KM
0.25MILES

0.4KM(0.25MILES)
------------------------ **=STRIDE LENGTH OF WALKING**
STEPS

0KM
0MILES
0.4KM
0.25MILES

0.4KM(0.25MILES)
------------------------ **=STRIDE LENGTH OF RUNNING**
STEPS

Speed & Distance Heart Rate System with Daily Pedometer

Thank you for choosing Pulse Sonic - PC Link Speed & Distance Heart Rate System as your personal trainer. In order to be able to make the best use of this device, please read the instruction manual carefully. Do not discard keep the manual for future reference.

Wear the Heart Rate Belt on your chest with the sensor over your heart for detection of the heart rate.
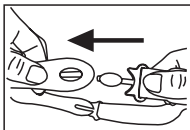
You will notice that there are two noticeably different patches on the inside of the Heart Rate Belt. These are the sensors for detecting your Heart Rate. Before you wear the Heart Rate Belt, wet these two patches lightly so that the sensors can detect your heart rate more easily, faster and with increased accurately.
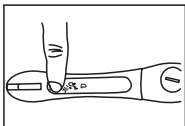
Important : Please note that the Heart Rate Monitor is NOT a medical device and is not to be used as such.

TIPS :

- The position of the chest belt affects its performance. Move the chest belt along the strap so that it falls above your heart
- Avoid areas with dense chest hair
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.
- The chest belt is splash proof and should not be worn for underwater activities.

WARNING : Signal interference can be caused in the environment due to electromagnetic disturbances. These may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, computers car motor, bike computer, some motor driven exercise equipment, cellular phones or when you walk through electric security gates.

The USB connector must not come in contact with the water as this will oxidize the metal contact points and will damage the connection between the USB and the computer.

CONTENTS

USING THE WATCH FUNCTIONS

IMPORTANT !
- Before the units are transported, the watches are switched off for energy saving purposes.
  The user will need to turn it on by pressing the MODE key when they have purchased the
  product
- Again for energy saving purposes, the watch unit will automatically switch off at midnight
  every night and the step count may return to zero as it saves the day's data into memory.
  To turn it on again, press the MODE key.The pedometer mode will also be off during
  transportation for energy saving purposes.

NORMAL WALKING AND CHRONOGRAPH RUNNING

- There are two-step counting features, one is for the daily walking mode and the other is
  the chronograph running mode. For each individual modes of step counting, calibration
  of stride length is required separately for both
- It may also be inaccurate whilst jogging or exercising which involves running, trekking
  or walking up a step gradient such as stairs and mountains. It will also be affected when
  walking with a cane or walking stick.
- The watch may take a bit of time before it starts to sense that you are walking. During that
  time, it will not display a step count. Once the watch determines that you are walking it will
  display your entire step count from the beginning of your walk, including the steps you took
  while the watch was not displaying a step count.
- If the step count is too low or too high, adjust the sensitivity of the sensor to a different
  level.

NOTE

- When you walk or run for around 10 seconds, the unit sensor will pick this up and a display showing current pace for the walk or run will appear. However, if there is no activity for around 10 seconds, the current pace for walk or run on the display will be stopped and it will return to the time mode.
- When in the pedometer mode and there is no activity for around 1 minute, it will automatically return to time mode
- If you wish to have the most accurate fitness index calculated by the unit, the user must use the calibration feature for both walking and running. They will also need to input their personal user settings
- Your watch is designed to count your steps when it is worn on your left hand. It will not count your steps correctly if you wear it on your right wrist or on your belt, or if you have it in your bag.

In order to maximize the accuracy of the step counting feature of the watch, please wear the watch properly as shown in the diagram (strap of the watch must fasten tightly around the wrist and it must not be loose; display must also be perpendicular to the forearm and wrist; the watch must only be worn on the left wrist and not the right to maximize the accuracy of step counting) The design and accuracy of the watch for step counting is based on the positioning of the watch. The 3D sensor of the watch will automatically sense the walk or run of the user and count the steps. By wearing the watch correctly, the steps counted during the daily walk and, or run will be more accurate.

Please take off the strap from your wrist before you take out the watch unit.
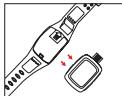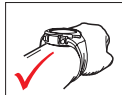
AVG	- Average
KM/h	- Kilometers per hour
Mi/h	- Miles per hour
Kcal	- Unit of Calories Burnt
AM	- Time from 0:00.00 to 11:59.59
PM	- Time from 12:00.00 to 23:59.59
❤/ MIN	- Heart beat per minute
STEP	- Step you have walk
KM	- Kilometer
Mi	- Miles
🔔	- Alarm
gFAT	- Unit of Fat Burnt

NORMAL WALKING MEASUREMENT

Before you track the number of steps you take as you go about your normal daily life, you need to go to the Pedometer User Setting mode to turn " ON " the normal walking measurement. (page 12)

CONFIGURING PERSONAL INFORMATION

You need to preset the following personal information before using the pedometer.

● The Unit You Want To Use
● Your Normal Walking Stride Length
● Your Chronograph Running Stride Length
● Your Current Weight
● Your Current Height
● Your Gender
● Your Age

You need to enter the **PEDOMETER USER SETTING MODE** to configure your personal information settings.

MODE FLOW CHART
Press the Mode/Set key to change between the following modes.

TIME/DATE MODE - ALARM MODE - CHRONOGRAPH MODE - PEDOMETER MODE (USER SETTING MODE) - HEART RATE MODE
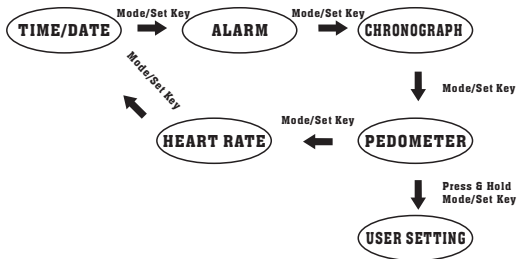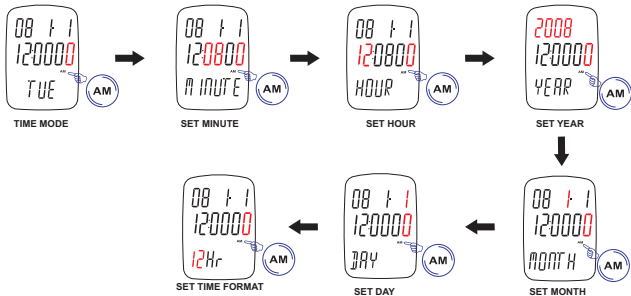

TIME / DATE MODE

1. Press mode/set key to enter time/date mode.

Date Time Display : Year, Month, Date, Hour, Minute & Day of week

2. Press and hold mode/set key until the minute digits flash to enter
   the Time Setting Mode.
3. Press start/stop/+ key to increment the setting item.
4. Press save/reset/- key to decrement the setting item.
   (Holding down either key to change the setting at high speed.)
5. Press mode/set key to select the setting item in the following sequence:-
   Minute - Hour - Year - Month - Day - 12/24 Hr
6. Press and hold mode/set key for around 2 seconds to save the setting.

**TIME MODE** | **SET MINUTE** | **SET HOUR** | **SET YEAR**

SET TIME FORMAT | **SET DAY** | **SET MONTH**

7. Time Format setting
 - Press start/stop/+ key or save/reset/- key to change the time format

12 HOURS | **24 HOURS**

8. The Watch will exit the setting screen and go back to Time/Date mode automatically if you do not perform any operation after around 60 seconds. All revised setting will be saved after exit.

Default : 2008 01 01

ALARM MODE

1. Press the mode/set key to enter alarm mode.

ALARM OFF | **ALARM ON**
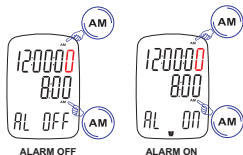
Press start/stop/+ key or save/reset/- key to enable/disable the daily alarm.
The watch will exit alarm mode and go back to Time/Date mode automatically if you do not perform any operation after around 60 seconds

2. Press and hold the mode/set key until the hour digits flash to enter the Alarm Setting Mode.
3. Press start/stop/+ key to increment the setting item.
4. Press save/reset/- key to decrement the setting item.
   (Holding down either key to change the setting at high speed)
5. Press mode/set key to select the different setting item in the following sequence:-
   Hour -Minute -Alarm On/Off
6. Press and hold mode/set key to confirm the setting and exit to Time/Date Mode.
   All revised setting will be kept after exit.

Press start/stop/+ or save/reset/- key to enable/disable the daily alarm.

7. The watch will exit the setting screen and go back to Time/Date mode automatically if you do not perform any operation after around 60 seconds
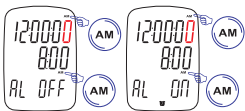8. If daily alarm is ringing, press any key to stop the alarm sound.

CALIBRATE - SPEED & DISTANCE
To get a more accurate speed and distance reading you need to calibrate the pedometer. You have to walk or run the distance and then set the real calibrate.

HOW TO SET THE CALIBRATION
Establish a calibration walk or run. Walk or run a known distance at a steady, natural pace. A running track is a good place for calibration walks and runs, because measured distances are already marked for you. Any walk or run over 0.4K (or 0.25mi) can be used for calibration as long as you don't mix walking and running.
Calculate your stride length by dividing the total distance & how many steps you walk or run.

Example:

For **Walking**
Total Distance is 400M (40,000cm)
Total Step is 567
40,000 / 567 = 70cm
So your stride length for walking is 70cm
For **Running**
Total Distance is 400M (40,000cm)
Total Step is 376
40,000 / 376 = 106cm
So your stride length for running is 106cm
NOTE : Reset the step counting to zero before walking or running.
It is recommended that user go to a running track with marked distances of 400m so that calibration distance and the resulting stride length is accurate.

Even after calibrating, the accuracy of the distance measurements may vary depending on gait, running surface, incline, or temperature. You select your stride length either for **WALKING** or **RUNNING** purposes.
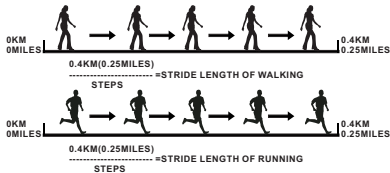
NOTE : If the calibration distance is longer, the stride length will be more accurate as there is more data available to calculate an average so the impact of anomalies is minimized. For instance, the user can calibrate their walking stride length by using the 3D sensor to count their steps over the course of a 10km walk-a-thon race and then divide the 10km by their total steps. The 3D sensor will establish a more accurate pattern of the user's walk or run hence the overall mean will be more accurate.

Chronograph Mode

Note: If you wish to use the heart rate feature, enter to the heart rate sub mode and activate the heart rate feature before using the chronograph mode.
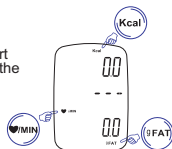
1. Press mode/set key to enter chronograph .
2. Press start/stop/+ key to start the chronograph and step count function is enabled.
3. Press start/stop/+ key to stop the chronograph and step count function is disabled
4. Press and hold save/reset/- key to save the current exercise chronograph record into memory
   Press save/reset/- key to select " YES " or " NO "
   Press and hold save/reset/- key again to confirm your setting ,
   " OK " will appear if select " YES " and the current exercise chronograph record will save into the memory and reset to zero. Chronograph record will cleared without saving if select " NO ". Then the data saved can be transferred and uploaded to PC via the PC-Link Software
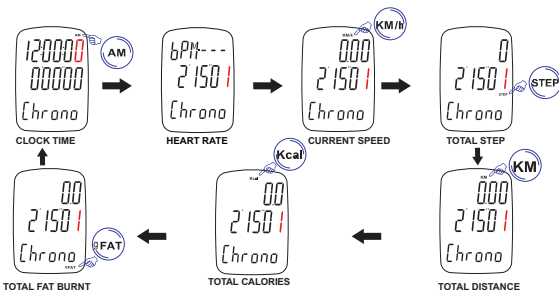
CHRONOGRAPH MODE

CHRONOGRAPH RUNNNG

MEM STORED & CLEARED

5. Press save/reset/- key to toggle the different record on chronograph mode in the following sequences:-
   Clock Time - Heart Rate - Current Speed - Total Distance - Total Step - Total Calories Consumption - Total Fat Burnt

CLOCK TIME → **HEART RATE** → **CURRENT SPEED** → **TOTAL STEP**

TOTAL FAT BURNT ← **TOTAL CALORIES** ← **TOTAL DISTANCE**

- The watch will go back to Time/Date mode automatically if chronograph is not running and you do not perform any operation after around 60 seconds.
- To review the saved data, press and hold the memory/EL button for 3 seconds and then to scroll through the data, press the save/reset/- key.
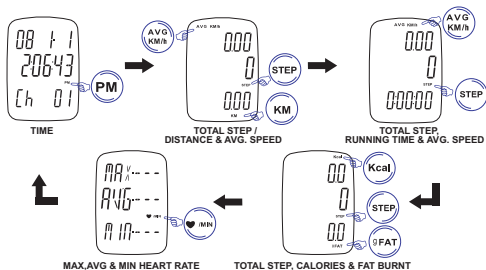
Chronograph Memory Recall Mode

1. Press and hold the memory/EL button for 3 seconds to enter Chronograph Memory Recall Mode. Press start/stop/+ key or save/reset/- key to select the memory record
   To select/recall a specific data memory, please scroll through the list of data stored according to the date.

NOTE : When the display is dim, this indicates the watch is operating on low battery. It may have a data error reading and the watch will show a "ERR" display, then you will need to change the batteries.

MEMORY RECORD #1   **NO MEMORY RECORD**   **ERROR RECORD**

2. Press mode/set key to toggle the data of the memory record in the following sequence:-

Time - Total Step / Distance & Average Speed - Total Step, Chromo Time & Average Speed - Total Step, Running Time & Average Speed - Total Step / Calories & Fat Burnt - Max / Avg / Min Heart Rate

TIME → **TOTAL STEP / DISTANCE & AVG. SPEED** → **TOTAL STEP, RUNNING TIME & AVG. SPEED**

MAX,AVG & MIN HEART RATE ← **TOTAL STEP, CALORIES & FAT BURNT**

3. Press and hold the memory/EL button for 3 seconds will exit memory recall mode and back to chronograph mode.
- The watch will go back to Time/Date mode automatically if chronograph is not running and you do not perform any operation after around 60 seconds

NOTE :
- Remember to activate the heart rate function before using the chronograph mode if you wish to use this feature.
- When you walk or run for around 10 seconds, the unit sensor will pick this up and a display showing current pace for the walk or run will appear. However, if there is no activity for around 10 seconds, the menu showing the current pace for walk or run will be stopped and automatically return to time mode.
- Even when the data from the watch has been transferred and uploaded to the computer via the PC-Link Software, the data stored in the watch will not be deleted and cannot be deleted but excess data after a maximum of 7 memories are stored will automatically overwrite the oldest data recorded.

PEDOMETER MODE

Note : If you wish to use the heart rate feature, enter to the heart rate sub mode and activate the heart rate feature before using the pedometer mode.
1. Press mode/set key to enter pedometer mode.
2. Press save/reset/- key to select the different Pedometer Mode in the following sequence:-
Total Step, Distance & Clock Time - Total Step, Heart Rate & Current Speed - Total Step, Distance & Current Speed - Total Step, Exercise Time & Average Speed - Total Step, Calories & Fat Burnt

TOTAL STEP,CLOCK
TIME & DISTANCE

TOTAL STEP,CURRENT
SPEED & HEART RATE

TOTAL STEP, DISTANCE
& CUR. SPEED

TOTAL STEP, EXE. TIME &
AVG. SPEED

TOTAL STEP, CALORIES
& FAT BURNT
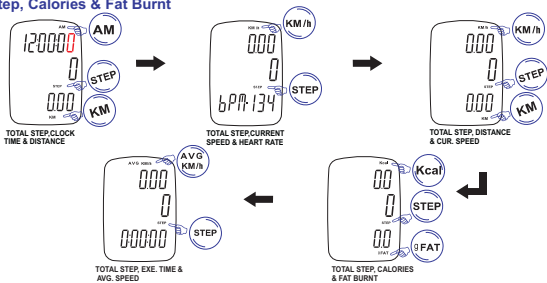
3. To clear the step counting, current speed, average speed,total distance, total calories, total fat burnt and exercise time , Max/Avg/Min Heart Rate data, press and hold save/reset/- key.
4. The step counting data are saved automatically at midnight each day and all data are cleared to zero. Note that the watch only maintains the last seven days of data, so the earliest data is deleted automatically whenever data excess from 8 days is saved. We recommend user to upload the data to PC weekly.
5. The watch will exit and go back to Time/Date mode automatically if you do not perform any operation or no step input after around 60 seconds

If there is a continuous step input for a short period of time, the pedometer will automatically enter Pedometer mode.

NOTE : When you walk or run for around 10 seconds, the unit sensor will pick this up and a display showing current pace for the walk or run will appear. However, if there is no activity for around 10 seconds, the display showing the current pace for walk or run will be stopped and the watch will automatically return to time mode.
If at any time of the day you wish to count the number of steps for a particular walking event, you may restart the daily pedometer to 0 and switch the pedometer feature off once the walking event is over to avoid further counting of steps within that same day and the number of steps recorded for that particular event will be held until midnight of that day before the pedometer will automatically return to 0.

PEDOMETER USER SETTING MODE

1. At Pedometer Mode, press & hold mode/set key to enter pedometer user setting mode - **UNIT**
   Press save/reset/- or Start/Stop/+ to change the display value

2. Press Mode/Set key to enter next setting **- WEIGHT**
   Press Start/Stop/+ key to increment the setting item.
   Press save/reset/- key to decrement the setting item.
   Default : 60kg / 132lb , Range : 20 to 220kg / 44lb to 485lb

3. Press Mode/Set key to enter next setting **- HEIGHT**
   Press Start/Stop/+ key to increment the setting item.
   Press save/reset/- key to decrement the setting item.
   Default : 170cm / 5'7" , Range : 100 to 240cm / 3'3" to 7'10"

4. Press Mode/Set key to enter next setting **- GENDER**
   Press Start/Stop/+ key or save/reset/- key to select Male or Female.
   Default : Male

5. Press Mode/Set key to enter next setting **- AGE**
   Press Start/Stop/+ key to increment the setting item.
   Press save/reset/- key to decrement the setting item.
   Default : 30 , Range : 10 to 99
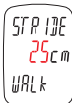
6. Press Mode/Set key to enter next setting
   - WALKING STRIDE LENGTH
   Press Start/Stop/+ key to increment the setting item.
   Press save/reset/- key to decrement the setting item.
   Default : 71cm / 10" , Range : 20 to 180cm / 8" to 5'11"

```
STRIDE
  25cm
WALK
```

7. Press Mode/Set key to enter next setting
   - RUNNING STRIDE LENGTH
   Press Start/Stop/+ key to increment the setting item.
   Press save/reset/- key to decrement the setting item.
   Default : 120cm / 14" , Range : 20 to 180cm / 8" to 5'11"

```
STRIDE
  35cm
RUN
```

8. Press Mode/Set key to enter next setting
   - SENSITIVITY ADJUSTMENT
   Press Start/Stop/+ key to increment the setting item.
   Press save/reset/- key to decrement the setting item.
   Default : Level 4, Range : Level 1 - 4

```
SEN.
000
LO  HI
```

9. Press Mode/Set key to enter next setting - **STEP COUNTING**
   Press Start/Stop/+ key or save/reset/- key to enable/disable
   the step counting function. Default : OFF

```
STEP
OFF
SET
```

The watch will exit the setting screen and go back to Time/Date mode automatically if you do not perform any operation after around 60 seconds
Press and hold the mode/set key to quit the setting mode and all revised setting will be kept after exit.

IN PEDOMETER MEMORY RECALL MODE
1. Press and hold the memory/EL button for 3 seconds to enter Pedometer Memory Recall Mode.
2. Press start/stop/+ key or save/reset/- key to select the memory record

```
08 1 1
MEMORY
PE  01
```
MEMORY RECORD #1

```
MEMORY
PE  --
```
NO MEMORY RECORD

```
Err
MEMORY
PE  01
```
ERROR RECORD

NOTE : When the display is dim, this indicates the watch is operating on low battery. It may have a data error reading and the watch will show a "ERR" display, then you will need to change the batteries

3. Press mode/set key to toggle the data of the memory record in the following sequence:-
Total Step, Distance & Average Speed - Total Step, Exercise Time & Average Speed - Total Step, Calories & Fat Burnt - Max, Avg, Min Heart Rate

TOTAL STEP, DISTANCE & AVG. SPEED

TOTAL STEP, EXER. TIME & AVG. SPEED

MAX,AVG & MIN HEART RATE

TOTAL STEP, CALORIES & FAT BURNT
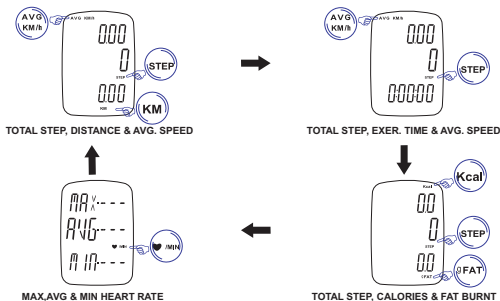
4. Press and hold the memory/EL button for 3 seconds to exit memory recall mode and back to pedometer mode.

The watch will go back to Time/Date mode automatically if you do not perform any operation after around 60 seconds
In the pedometer mode, the watch can only store up to 7 days of data, of which 1 day of data is taken up by the present day steps. For the data to be analysed and processed by the PC-Link software, the data memory for each day must be complete.
But if you have uploaded the data to the computer i.e. upload the data at 3.00pm, and under the condition that there has already been 7 days of data including the latest/current data, it will ensure the watch and computer will have the same information for the steps walked in each of the days, such as the calories burnt, fat burnt and etc. Please note every midnight, the watch will automatically reset the steps to 0. If the user uploads the data after midnight, it will override that data uploaded at 3pm of that day.

HEART RATE / FAT / CALORIES MODE

1. Put on heart rate chest belt.
2. Press Mode/Set key to enter Heart Rate mode and activate the heart rate feature.
3. Heart Rate icon will appear to show heart rate is detected and there is transmission
4. Press save/reset/- key to select the different Heart Rate Data in the following sequence:-
Current Heart Rate with Total Calories / Fat Burnt - Max / Avg / Min Heart Rate

If there is no Heart Rate signal for around 1 minute, the Heart Rate reception will be disabled and the Heart Rate icon will be cleared.
In current Heart Rate with Maximum, Minimum or Average Heart Rate display, press and hold save/reset/- key will clear all Heart Rate data.

Downloading/Installing PC-Link Program
Please visit our website at **http://www.hrmpclink.com/k3555.htm** to download the interface program .
Note: Windows Vista may not allow the download of the program due to its security protection software therefore we advise you to download the program using D drive.

IMPORTANT:
- personal training diary
- personal notes
- full processing and analysis of your exercise data
- history of chronograph and pedometer data
- graphical analysis of data information

PC-LINK PROGRAM OPERATION
First User:
1. Click " NEW USER " button to enter one's USER NAME and then enter password .

PC LINK COMMUNICATION MODE
1. Press "UPLOAD" button on the pc-link program and will automatically upload the data to PC.

2. Press Mode/Set will back to Time/Date mode.
   The Watch will exit and go back to Time/Date mode automatically if you do not perform any operation or no step input after around 60 seconds.

3. Login the program and enter to the Main Screen.

4. Click the color bar shown in the left top corner of the main screen to select the desired report.

Total Step - Total Distance - Total Calories - Heart Rate - Exercise Report

4. Press Calendar button will show all the exercise record.Double click on the date with walking icon of your desired report.

5. Press the Print button and a dialogue box will come out.
6. Select the date period of the record you would like to print and save it a "PDF" report will saved on your PC.

INSTALLING THE BATTERY
The Watch uses 2 pieces CR 2032 batteries (one each for watch and heart rate belt). Use only the recommended batteries.

NOTE : Changing the battery will erase the data in the watch previously input into the device and you can then/will need to re-set the watch all over again.

Watch
1. The battery compartment s located at the back of the watch.
2. To install/replace the battery, unscrew the battery compartment with the screw driver and simply slide out afterwards.
3. Take out the old battery and dispose of properly.
4. Gently place a new battery into the battery slot of the battery compartment, making sure that the poles are correctly placed.
5. Screw back the battery compartment, when finished as in the diagram below
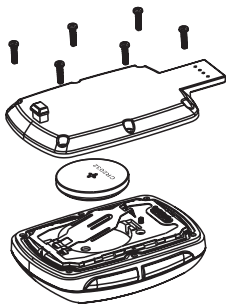
Heart Rate Belt
Hold the Heart Rate Belt firmly. Insert a coin into the slit of the compartment lid and turn it clockwise. The lid should come off easily. (Remove used battery CR2032) (Diagram 1)
Gently place the battery into the battery slot of the battery compartment. (Diagram 2)
Put the compartment lid back into place and tighten it firmly by turning it anti-clockwise with the help of coin.
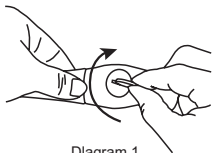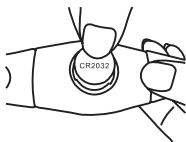

Dlagram 1   Dlagram 2

IMPORTANT BATTERY INFORMATION
- Battery installation and removal should be performed by an adult
- Use only batteries recommended in this instruction sheet
- Be sure to install the batteries with the correct polarity, as indicated
- Remove all batteries when replacing
- Only batteries of the same and equivalent type as recommended are to be used
- Do not short-circuit the supply terminals
- Exhausted batteries should be removed from the product
- Non-rechargeable batteries are not to be recharges
- Rechargeable batteries are to be removed from the product before being charged
- Rechargeable batteries are only to be charged under adult supervision
- Different types of batteries or new and used batteries are not to be mixed.

SPECIFICATIONS

Time Format	:	Year, month, date, day, hour, minute, second, am/pm
	:	12/24 hours
Calendar System	:	Full Auto-calendar pre-programmed from 2000 to 2099
Features	:	Current / average Speed, Step counting, calories consumption, fat burnt, Exercise time, Current/max/min & average heart rate.
Measurement Range	:	Calories Consumption : 0 - 99999.9 kcal
		Fat Burnt : 0 - 99999.9
		Number of step : 0 - 999999
		Distance : 0 - 9999.99 km
		Exercise Time : 0 - 23 h 59 m 59s 99
Memory Data	:	7 Chrono Memory Record in Chrono Mode
		7 days Exercise Summary
Chronograph	:	Measuring Unit : 1/100 second
		Measuring Capacity : 23 hr 59 m 59s 99

Model: PHRM26

CAUTION

Should you encounter any problems with the Speed & Distance Heart Rate System (e.g. malfunctioning of a parameter, static electricity, interferences within the product or the need to re-set the device), please press four buttons at the same time to reset the watch (the watch should not connect with computer). All data previously input into the device will be erased and you can then/will need to re-set the watch all over again.Should this fail to correct the situation, remove the batteries and then put them back into the battery compartment.
Then follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject in order to change without further notice. Due to printing limitation, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other persons for any damage expenses, lost-profits, or any other claims arisen by using this product. The contents of this manual may not be reproduced without the permission of the manufacturer.

3D sensor for step counting

Produced in Europe, the 3D sensor is of very high quality which has shown great accuracy in detecting and counting steps from walking, jogging and running. In order to maximize the accuracy of the step counting feature, this sensor is able to filter movements that do not belong to the categories of walking, jogging and running .

The daily pedometer step count can be switched off if the user does not wish to count or view his daily step count which will help the unit to save energy. However, the chronograph feature with step counting cannot be switched off.

If at any time of the day you wish to count the number of steps for a particular walking/jogging /running event, you may restart the daily pedometer to 0 and switch the daily pedometer feature off once the walking/jogging/running event is over and the number of steps recorded for that particular event will be automatically saved to the memory of the watch.